



# MASTERS & PARA ROAD NATIONAL CHAMPIONSHIPS

AUGUST 2023 • AUGUSTA, GA

All races run solely under USA Cycling's regulations.

The following is a brief overview of USA Cycling National Championship rules.  
For complete championship regulations, please see [Chapter 7 National Championships](#).

Individuals attempting to pre-ride the course prior to the event or any scheduled practice day may encounter hazards including incomplete course construction or obstructions. The course may also cross private property and is also subject to change.

Those individuals pre-riding the course do so entirely at their own risk.

## LICENSING/CITIZENSHIP/RESIDENCY REQUIREMENTS

**ALL NATIONAL CHAMPIONSHIP PARTICIPANTS MUST HAVE A CURRENT USA CYCLING ANNUAL LICENSE OR VALID UCI FOREIGN FEDERATION LICENSE AS DEFINED BELOW.** Riders must also be licensed for the category in which they are attempting to register. If you do not have a current and valid USA Cycling annual license, the easiest way to obtain one is via the USA Cycling website at [www.usacycling.org](http://www.usacycling.org). You may purchase, renew and/or request a category upgrade online on your [My USA Cycling](#) page.

### Masters Athletes

Must be a **United States citizen** and have a current:

- **USA Cycling International License** with a **UCI ID\*** or
- **A foreign International License** with a **UCI ID\*** or
- **USA Cycling Domestic Annual License** with a **UCI ID\***

OR

Must be a **Permanent Resident (verified)** and have a current:

- **USA Cycling International License** with a **UCI ID\*** or
- **USA Cycling Domestic Annual License** with a **UCI ID\***

### Para-cycling Athletes

To be eligible to compete at the USA Cycling Para-cycling National Championships, Para-cycling athletes (including tandem pilots) must:

- hold a current, valid USA Cycling license
- be internationally or nationally classified with a 'confirmed' or a 'review' sport class status (not applicable to tandem pilots)
- New athletes without a classification should contact [NPCUSAcclassification@usopc.org](mailto:NPCUSAcclassification@usopc.org) no later than **August 1, 2023** for Para-cycling classification evaluation.
- All Para-cycling participants in this competition are subject to the requirements outlined in the USOPC Athlete Safety Policy available at: <http://teamusa.org/USOPCAthleteSafetyPolicy>
- Adult Participants are also required to be familiar with, and comply with the USOPC Minor Athlete Abuse Prevention Policies (MAAPP) available at: <http://teamusa.org/maapp>
- U.S. Center for SafeSport Training
  - All U.S. athletes (18 years and older), coaches, officials, and support staff requesting accreditation must complete, or have completed within the last calendar year, the U.S. Center for SafeSport's SafeSport™ Trained

Core training, or applicable Refresher training course if they have previously taken the SafeSport™ Trained Core training. The training must be completed prior to arrival at the event and must be valid through the conclusion of the event. Please note, U.S. Paralympics Cycling membership with SafeSport training that is valid through the conclusion of the event will be accepted.

- SafeSport & Background Check Information:  
<https://www.teamusa.org/team-usa-athlete-services/safe-sport>
- All registered competitors are subject to anti-doping testing and, if chosen for drug testing, are required to comply with the applicable rules. Noncompliance or refusing to be tested will result in the same penalties as a doping violation.

**\*UCI ID:** To compete in a USA Cycling National Championship, riders must have their date of birth, gender and citizenship or permanent resident status verified. Having verified this information, a **free** UCI ID is issued. If a UCI ID is not currently displayed on your license, log into your USA Cycling My Account and look for this in your Profile link. If these items are not listed or are incorrect, please do the following to update your account:

Create a copy of your birth certificate or passport and Permanent Resident Status (Green Card) as it applies, and email it to membership at [membership@usacycling.org](mailto:membership@usacycling.org) or by fax (719-434-4300).

A UCI ID is your lifelong, internationally unique, identity number to confirm your racing status and maintain your privacy in internationally published registration and results documents.

***YOU DO NOT NEED TO REPRINT OR PURCHASE A NEW LICENSE ONCE YOUR ACCOUNT IS UPDATED***

## MASTERS CATEGORY and ELIGIBILITY REQUIREMENTS

At the time of registration, all participants competing in the USA Cycling Masters Road National Championships MUST hold the minimum required category for their respective races as noted below. Riders will compete in their respective age-group based on their official racing age determined on December 31, 2023. "Racing up or down", per 1H4(c) is not allowed in this event.

### AGE and STATUS

All participants MUST have a racing age of 35 or over. Riders with a racing age of 35 or over who hold Elite status per USA Cycling rules may NOT compete in the USA Cycling Masters Road National Championships. This includes riders who:

- Are, or have been, members of a UCI-registered team of any type (road, track, MTB, CX) in the calendar year of the championship.
- Have competed in the Elite category of a UCI World Championship, Continental Championships, Olympic Games or World Cup in the road discipline in the current year.
- Are further defined as an "Elite" rider per definition in USA Cycling's Glossary of terms.

Awards will be given to every five-year age group represented.

### INDIVIDUAL TIME TRIAL

Open to ALL categories – male and female categories 1-4 and Novice.

### ROAD RACE and CRITERIUM

<b>Male 35-54</b>	Restricted to male road categories 1-3.
<b>Male 55+</b>	Open to ALL male road categories 1-4 and Novice.
<b>Female 35-44</b>	Restricted to female road categories 1-3.
<b>Female 45+</b>	Open to ALL female road categories 1-4 and Novice.
<b>Para-cycling</b>	Open to ALL road categories 1-4 and Novice.

### UPGRADE PROCEDURE

Each license allows for promotion to higher categories according to certain guidelines. Upgrades can be based on either experience or points, depending on the level and license type. Please see [Policy VIII Race Category Upgrading and Downgrading](#) for information.

If you would like to request an upgrade please see [upgrade instructions here](#).

## EQUIPMENT REGULATIONS

In general, the regulations for bicycles are those of USA Cycling. Please refer to section **11 – Bicycles**, in the [USA Cycling rulebook](#).

*The main points are:*

- Bicycles may be no more than 2 meters long and 75 cm wide.
- There may be no protective shield, fairing, or other device on any part of the bicycle, which has the effect of reducing air resistance except that spoke covers may be used. (Tri-bike tool pods, extreme water bottles).
- Wheels may be made with spokes or solid construction.
- The handlebar ends shall be solidly plugged.
- Handlebars with ends, features, or attachments that extend forward or upward or that provide support for other than the rider's hands are permitted only in time trial events.
- Brake controls attached to the handlebars and operable with the hands.

*Per USA Cycling regulations, these additional UCI regulations will be in effect for mass start events and individual time trials:*

- Bicycle frames must be of double triangle construction.
- Wheels must be of the same diameter, between 550 and 700 mm.

*The remaining UCI equipment regulations, including saddle and handlebar dimension controls and UCI frame design approvals, are not in effect.*

**Updated 5/10/2023**